



British Geriatrics Society
Improving healthcare
for older people

Preoperative Assessment and Optimisation of the Older Surgical Patient Wellcome Collection, London Wednesday 15th – Thursday 16th March 2017



*"Improving the care of older surgical patients
through collaboration, education and research"*

Event Overview

It is increasingly recognised that there is a need to have geriatric medicine input in surgical pathways for older people to improve patient outcomes & experiences. However the introduction of geriatric medicine specialists into complex surgical environments is highly challenging and evidence of successful service developments is sparse. With the increased pressure on budgets, making the case for funding to develop new services without robust evidence is also difficult.

This event, designed by the growing group of dedicated clinicians, from across geriatric medicine, surgery and anaesthetics, will present case studies and lessons learned when developing services and gathering evidence for the effectiveness of structured elderly medicine input into surgical care pathways for older people.

All members of the MDT are encouraged to participate; nurses, therapists, anaesthetists and surgeons. Structured over the course of two days, delegates will benefit from practical advice and guidance regarding the perioperative management of the complex older surgical patient, whilst also hearing first hand experiences and advice on the set up and day to day running of a surgical-geriatric liaison service.

Why attend:

- Improve overall knowledge of issues related to perioperative care for older people undergoing both emergency and elective surgery
- Learn to assess the perioperative risk of an older person prior to surgery
- Improve outcomes for older surgical patients through multidisciplinary optimisation
- Facilitate collaboration between all stakeholders involved in the care of older surgical patients (across elderly medicine, anaesthesia, surgery, allied health care professionals and the voluntary sector)
- Explore effective models of service delivery and clinical care for older surgical patients

Who should attend:

- Geriatricians – Consultants, SAS grade & SpRs
- Anaesthetists
- Surgeons
- Preoperative assessment clinic nurses
- Geriatric medicine specialist nurses
- Occupational therapists
- Physiotherapists
- Hospital managers

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Wednesday 15th March 2017

9.00	Registration and Coffee	
9.20 – 11.05	Session 1 Chair: Finbarr Martin	
9.20	Welcome	Finbarr Martin Prof Medical Gerontology, Kings College London
9.30	The older surgical patient; where are we now?	Jugdeep Dhesi Clinical Lead, POPS, GSTT
09.50	The older surgical patient; a surgeon's perspective	Rachel Bell Clinical lead vascular surgery, GSTT
10.20	The older surgical patient; the RCoA perioperative medicine perspective	Michael Swart, Cons Anaesthetist, Torbay
10.40	Panel discussion	
11.00	Tea and Coffee break	
11.25 -12.50	Session 2 Chair: Jugdeep Dhesi	
11.25	The evolution of perioperative medicine services for older people	Jugdeep Dhesi Clinical Lead, POPS, GSTT
11.50	Developing cancer services for older people – POPS GOLD	Danielle Harari, Geriatrician, GSTT
12.15	Developing the team including recruiting and training clinical nurse specialists	Ffion Pritchard/Jason Cross, CNS/ANP POPS, GSTT
12.40	Panel discussion	
12.50	Lunch	
13.45 -15.10	Session 3 Chair: Jude Partridge	
13.45	Frailty in the older surgical patient	Jude Partridge, Consultant Geriatrician, GSTT
14.05	Nutrition in older surgical patient	David Yates, Consultant Anaesthetist, York
14.25	Cognitive disorders in the perioperative period	Jude Partridge, Geriatrician, GSTT
14.55	Panel discussion	
15.10	Tea and coffee break	
15.30 –17.00	Session 4 Chair: Philip Braude	
15.30	Putting it all together; case presentations,	POPS team
16.15	Using quality improvement methodology to improve outcomes for older surgical patients	Nick Sevdalis Implementation Science and Safety, KCL
16.45	Questions	
17.00	Close and drinks reception	

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Thursday 16th March 2016

9.00	Registration and Coffee	
9.20 – 10.45	Session 5 Chair: Jugdeep Dhesi	
9.20	Welcome	Jugdeep Dhesi
9.30	Preoperative risk assessment in the older surgical patient	Stuart McCorkhill Cardiac anaesthetist, GSTT
9.50	Anaesthetics for geriatricians	Dan Taylor Anaesthetist, GSTT
10.10	Perioperative fluid management	Duncan Wyncoll Intensivist, GSTT
10.30	Panel discussion	
10.45	Tea and Coffee break	
11.05 – 12.30	Session 6 Chair: Jason Cross	
11.05	An approach to anaemia in the older surgical patient	Andy Klein, Anaesthetist/Intensivist, Papworth
11.25	Perioperative care of the diabetic patient	Anna Brackenridge Diabetologist, GSTT
11.45	Panel discussion	
12.00	Putting it all together POPS team	
12.30	Lunch	
13.15 – 14.35	Session 7 Chair: Clare Thomson	
13.15	Respiratory disease and the older surgical patient	Andrea Joughin
13.35	Neurology and the surgical patient (Parkinson's disease and stroke)	Andy Rogerson OOPE POPS, GSTT
13.55	Prehabilitation and exercise interventions	Clare Thomson, Geriatrician, GSTT
14.20	Panel discussion	
14.35	Tea and coffee break	
14.55 – 16.00	Session 8 Chair: Ffion Pritchard	
14.55	What do I do with; hypertension, recent PE, pacemakers, antiplatelets? Cases to illustrate practical management	Ffion Pritchard CNS POPS GSTT, Krishanthi Sathanandan OOPE SPR GSTT
15.30	Cardiology; preoperative assessment and investigation	John Chambers Prof cardiology, GSTT
15.50	Close and Attendance certificates	

**Preoperative Assessment and Optimisation of the
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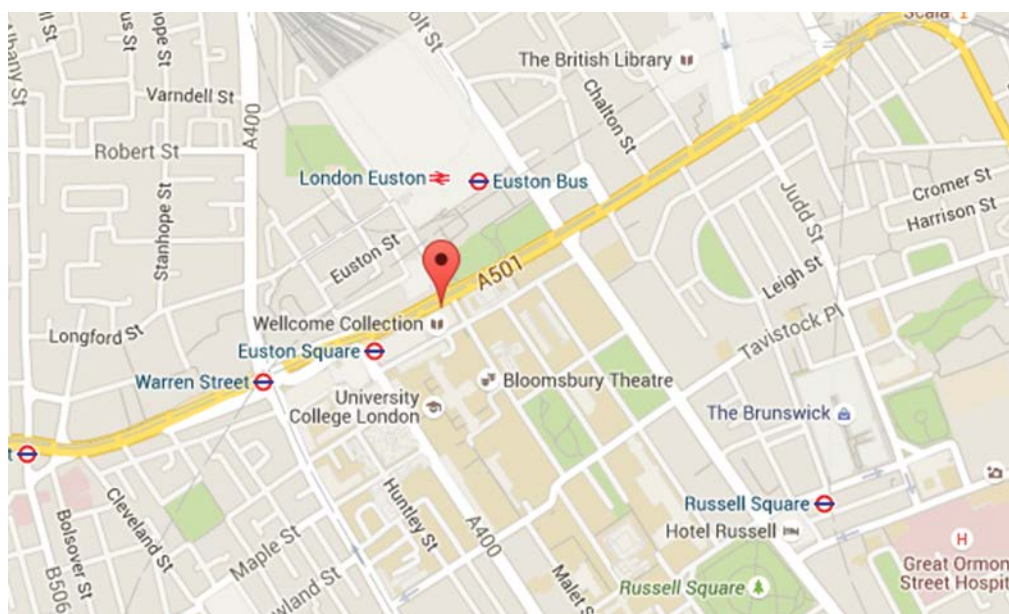
Venue Details

18th September – Wellcome Collection, 183 Euston Rd, London NW1 2BE

By tube	By bus	By train
Euston Square station • Circle • Metropolitan • Hammersmith and City Euston station • Victoria • Northern • London Overground Warren Street station • Victoria • Northern	The following buses pass near Wellcome Collection: 10, 18, 24, 27, 29, 30, 59, 68, 73, 88, 91, 134, 168, 205, 253, 390	The nearest mainline stations are Euston, St Pancras and King's Cross.

Click here for [Google Map](#)

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SPEAKER BIOGRAPHIES

**Dr Jugdeep Dhesi, Consultant Physician, Guy's and St Thomas' Foundation Trust in the
Department of Health and Ageing**

Dr Jugdeep Dhesi trained in general internal medicine and geriatrics in Leicester and London. She was appointed consultant physician in the department of health and ageing at Guy's and St Thomas' in 2005. She is the clinical lead for the innovative POPS service, which began in 2003. The service has rapidly become established both locally and nationally as a clinically effective, high quality, award-winning service.

Professor Finbarr Martin MD MSc FRCP, Consultant Physician at Guys and St Thomas' Hospital, London and Professor of Medical Gerontology, Kings College London

Finbarr Martin has worked across a range of acute and community settings, with clinical and research interests in geriatric syndromes of falls, frailty, delirium etc. He is clinical lead for the HQIP funded national falls and fragility fracture audit programme, a non-executive director of NICE, and past president (2010-2012) of the British Geriatrics Society.

**Dr Michael Swart, Consultant in Anesthesia & Perioperative Medicine, Torbay Hospital
Devon**

Dr Mike Swart was appointed consultant in anesthesia and critical care medicine at Torbay Hospital in 1998. He has been an advisor to the Department of Health for anesthesia as part of the Enhanced Recovery Programme. He has recently been appointed a Perioperative Medicine Clinical Lead by the Royal College of Anesthetists. His special interests are improving surgical outcomes through identification of high risk surgical patients, cardiopulmonary exercise testing, and communication of chance of harm or benefit and shared decision-making. This presentation will include:

- 1) Estimating individual patients survival after elective high risk surgery
- 2) Planning post-operative care for elective high risk surgical patients
- 3) Conducting a shared-decision making consultation for elective high risk surgical patients

Dr Danielle Harari, Consultant Physician, Guy's and St Thomas' Foundation Trust

Danielle Harari is a consultant and senior lecturer in geriatric medicine at Guys and St Thomas' Hospital and KCL. She initially developed and evaluated innovative geriatric liaison services for older people: 'POPS' (undergoing elective surgery), 'OPAL' (acute medicine admissions) and 'GOLD' (undergoing cancer treatment). She chairs the Macmillan/NHSE Expert Reference Group on standardising Assessment and Treatment of Older People with Cancer. She is the NHS England / RCP lead for Continence. Her current research focus is on improving outcomes for older people with cancer, and on continence care.

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Gordana Babic-Illman, Clinical Nurse Specialists, Guy's and St Thomas' Foundation Trust

Ana has a proactive role alongside the consultant in managing older people going to have surgery and is focused on improving the health, functional, psychosocial and resource utilisation outcomes before and after surgery through proactive interventions. Ana was involved with the initial set up, development, design and funding for the long-term provision of the POPS Service. Her specialist interest include proactive care for older people going to have surgery and cancer treatment.

Jason Cross, Clinical Nurse Specialist, Gordana Babic-Illman, Guy's and St Thomas' Foundation

Since qualifying as a staff nurse, Jason's career focus has centred on surgical patients. He has worked within trauma and orthopaedics and joined Guy's and St Thomas' in 2002 in the orthopaedic pre-admission clinic. Jason was one of the leading practitioners involved in developing and implementing the nurse led orthopaedic pre-assessment service. This model of care is now used in the Trust's central pre-operative assessment clinics. Jason joined the POPS team in 2008 and divides his time between outpatient clinics and the wards. He works in the 'one stop shop' nurse-led clinic for colorectal patients and on the wards he liaises with the surgical teams, providing specialist nursing and medical advice for patients over the age of 65. Jason also has input into medical student training and is a regular speaker on the surgical pre-assessment process for the anaesthetic department.

Dr Philip Braude, General Medical Registrar, Guy's and St Thomas' NHS Foundation Trust

Dr Philip Braude is currently POPS clinical fellow at Guy's and St Thomas' NHS Foundation Trust. He is a Geriatric and General Medical Registrar and works mainly on quality improvement within inpatient urology.

Dr David Yates, Consultant in Anaesthesia and Critical Care Medicine, York Teaching Hospital

David Yates has been a Consultant in Anaesthesia and Critical Care Medicine at York Teaching Hospital since August 2008. His clinical work involves running a pre-assessment clinic, anaesthesia for major general and vascular surgery and Intensive Care Medicine. He is the Anaesthesia, Perioperative Medicine and Pain Clinical Lead for the Yorkshire & Humber Comprehensive Research Network. His research interests include the use of cardiopulmonary exercise testing for perioperative risk stratification, intraoperative haemodynamic optimization and perioperative fluid therapy. More recent research activity includes the identification and management of co-morbidities in the elderly that, historically, have received little attention or recognition- malnutrition, anaemia, frailty, cognitive dysfunction, etc. This presentation will include:

- 1) A review of the impact of pre-existing malnutrition in the surgical population
- 2) An overview of treatment strategies to address malnutrition preoperatively
- 3) An overview of other treatment strategies aimed at attenuating the metabolic stress response caused by surgery.

**Preoperative Assessment and Optimisation of the
Older Surgical Patient
Wellcome Collection, London
Wednesday 15th – Thursday 16th March 2017**

Dr Jude Partridge, Consultant Geriatrician, Guy's and St Thomas' NHS Foundation Trust

Jude Partridge completed junior medical and registrar training in geriatric medicine in Bristol, Bath, Somerset and London. She obtained a Master's degree before starting her PhD at Guy's and St Thomas' Hospital in 2010. Jude became a permanent member of the POPS (Proactive care of older people going to have surgery) consultant staff in January 2015.

The Pops Team

The proactive care of older people (POPS) team is an **award-winning** service and the **first of its kind** in the UK. It started in 2003 and has rapidly become an essential surgical support service. It is **recognised locally and nationally** as being of high quality, innovative and clinically effective. They look after patients aged **65 years and above** and aim to improve their medical health **before and after surgery** by assessing them before surgery, following their care while in hospital and supporting consultants and ward staff. The team includes specialist doctors, nurse's therapists and support staff including Dr Jugdeep Dhesi.

Dr Stuart McCorkell, Consultant Anaesthetist, Guy's and St Thomas' NHS Foundation Trust

Dr Stuart McCorkell is a consultant anaesthetist at Guy's & St. Thomas's NHS Foundation Trust. His main clinical interest is perioperative optimisation for major surgery. His collaboration with the POPS service over the last decade stemmed from his involvement with enhanced recovery after surgery programmes and also focuses on patients with cardiac morbidities undergoing non-cardiac surgery. He would like to see a POPS team in every major NHS Trust.

Dr Dan Taylor, Consultant Paediatric and vascular Anaesthetist, Guy's and St Thomas' NHS Foundation Trust

Dr Dan Taylor graduated from Liverpool University medical school in 1996. He trained for 6 years in paediatrics and paediatric intensive care before changing to a career in anaesthesia. Having been appointed to the post of consultant paediatric cardiac anaesthetist at Guy's, St Thomas' and Evelina London Children's hospital in 2010, he also inherited a vacant vascular surgical list and found himself caring for the majority of open abdominal aortic aneurysms performed in the trust. The evolution and increasing involvement of the POPS team in the preparation and care of these patients and the benefits of multidisciplinary decision making and planning, have been positive developments during my time at GSTT. We are currently working on areas of collaborative research in these areas. I hope I can give you the anaesthetists' perspective on safe conduct of anaesthesia in high risk elderly patients.

Dr Duncan Wyncoll, Consultant Intensivist, Guy's and St Thomas' NHS Foundation Trust

Dr Duncan Wyncoll was appointed to Guy's and St Thomas' NHS Foundation Trust as a full-time intensive care consultant in 1999. Apart from general clinical duties within the Intensive Care Unit (ICU), he also is involved in research involving blood products for critically ill patients and studies involved with infection prevention in the ICU. He speaks both nationally and internationally on a wide range of intensive care related subjects. His interest include

**Preoperative Assessment and Optimisation of the
Older Surgical Patient
Wellcome Collection, London
Wednesday 15th – Thursday 16th March 2017**

infection prevention I ICU, blood transfusion in critically ill patients and ventilator-associated pneumonia prevention. Dr Wyncoll received the Mackintosh Prize (1994) – for the highest marks achieved in the FRCA (Fellow of the the Royal College of Anaesthetists) examination.

Dr Anna Brackenridge, Consultant Diabetologist, Guy's and St Thomas' NHS Foundation Trust

Dr Anna Brackenridge is a consultant in diabetes and has been working at Guy's and St. Thomas' since 2006. Dr Brackenridge studied medicine at the University of Bristol. She completed her postgraduate training in the south Thames region. During this time she undertook a two year period of research leading to a master's degree at the University of Surrey, Guildford. Her social interest include: diabetes in pregnancy, technology in diabetes, inpatient diabetes and genetic diabetes.

Ffion Pritchard, CNS POPS, Guy's and St Thomas' NHS Foundation Trust

Since qualifying Ffion has worked on general surgery wards both in north Wales and London. She has experience in vascular, urology and breast surgery but took a particular interest in gastrointestinal surgery. She began working as a senior staff nurse on the gastro-intestinal unit at St Thomas' Hospital in 2012 and joined the POPS team in November 2014. Ffion's current role focus is the integration of the POPS team into the gynaecology service at Guy's and St Thomas'. This involves the care of surgical gynaecology patients from clinic to discharge, utilising comprehensive assessment to support the patient throughout the surgical pathway.



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Dietary Requirements - Please tick relevant box		
☐ Vegetarian meal	☐ Other dietary requirements Please state foods that you are unable to eat*:	
Access requirements:		
☐ Access needs, please specify e.g. wheelchair user, mobility difficulties, hearing impaired:		

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BGS Member Full Meeting	Non BGS Member Full meeting
☐ Consultant Physician/ GP £200	☐ Consultant Physician/ GP £240
☐ SAS Grade/ Junior doctor (SpR,CMT) £160	☐ SAS Grade/ Junior doctor (SpR,CMT) £200
☐ Nurse/Allied Health Care Professionals/Retired/Student £130	☐ Nurse/Allied Health Care Professionals/Retired/Student £160
☐ BGS Member One Day	☐ Non BGS Member One Day
☐ Consultant Physician/ GP £100	☐ Consultant Physician/ GP £120
☐ SAS Grade/ Junior doctor (SpR,CMT) £80	☐ SAS Grade/ Junior doctor (SpR,CMT) £100
☐ Nurse/Allied Health Care Professionals/Retired/Student £65	☐ Nurse/Allied Health Care Professionals/Retired/Student £80
Days attending	
☐ Wednesday 15 th March 2017	☐ Thursday 16 th March 2017



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